



Plan Tips

- Start your morning with ½ of a lemon squeezed into a glass of warm water. Eight (8oz) glasses of water are recommended daily.
- If you are doing strenuous exercise and need to eat more, please choose anti-inflammatory foods like avocado, coconut oil, berries, apples, almonds, sprouts, celery and greens.

Post Plan

- To support a healthy body, we recommend seeking out foods with anti-inflammatory properties. Visit urbanremedy.com/how-to-cleanse for tips.

MEAL	DAY 1	DAY 2	DAY 3
BREAKFAST	← Slender Greens →		
MID-MORNING BEVERAGE	Grapefruit Tea Tonic	Clean Green Refresh	Turmeric Boost
LUNCH	Rainbow Salad	Soba Noodle	Rainbow Salad
SNACK	Mint Cacao	Chocolate Banana	Golden Turmeric
DINNER	Kale Ginger Salad	Rainbow Salad	Vegan Caesar
LATE-NIGHT BEVERAGE	← Glow →		

Please call **1.855.UR.JUICE** or e-mail **connect@urbanremedy.com** should you need support or have any questions.